

NON-VIOLENT DIRECT-ACTION within a Regenerative Culture

What is it?

That which we do to prepare for, train for and recover from direct action, including trauma and resilience work.

Why is it important?

Our bodies, minds and hearts are in a hostile situation, with institutions that want to target, manipulate and control us. Being able to care for our own needs helps us take care of each other and be more resilient.

How to achieve it?

There are multiple ways to ensure that an action is regenerative pre, during, and post. Check this [booklet](#) for a detailed guide.

1. Affinity groups. Maybe the best possible way to achieve it is through your own affinity group, even though there will be regenerative culture/wellbeing people during actions. In fact, affinity groups are there for you not only to enjoy the action more, but also to make sure you have a group of people that takes care of each other. Each affinity group has a Wellbeing person, but each member of the affinity group should feel empowered to take care of others. Simple practices to ensure regenerative culture within the affinity group are
 - a. Buddy system: have a person in your affinity group that will be your buddy. Whereas you don't have to be with your affinity group or your buddy at all time, make sure to plan something like physical or calls check in every once in a while
 - b. Emotional debrief during/after actions. Every once in a while, plan to sit down with your affinity group and share how everyone is doing. Follow [this guide](#) for the debrief process within your affinity group during or after an action and this [document](#) for a list of useful exercises to connect to ourselves and with our bodies for the check in and check out of the debrief process.
2. Bring snacks, rain gear and warm clothing, physical first aid, somatic first aid. Check this [resource](#) for a complete list of things to bring for an action.

3. Read the [don't panic booklet](#). This book aims to provide guidance to help you start thinking about dealing with challenging situations. It is packed full of scenarios for when you are feeling panicked during actions and not sure what to do.
4. Regenerate after the action. Getting 'back to normal' isn't always easy. Read this [guide](#) for advice on how to look after yourself and others as we come back down to earth, this [guide](#) on how to facilitate a debrief process a few days after the action (within your affinity group or XR local chapter), and this [guide](#) for individual/buddy debrief